



Tucson Community Supported Agriculture

Newsletter 394 ~ June 24, 2013 ~ Online at www.TucsonCSA.org

Summer 2013

Harvest list is online

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(from Bangladesh)
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**Many more recipes on
our website**

PARKING NEAR THE CSA!

Please be careful when parking near the CSA and be sure to read the parking signs. The parking rules vary from block to block. ParkWise does patrol the neighborhood regularly and parking tickets are expensive.

There is usually parking within one or two blocks of the CSA. Parking is easier after 5:30 PM. There is handicapped parking in the parking lot behind The Historic Y.

You can also check our online parking map (under About Us on the navigation tabs).



PINK GRAPEFRUIT

This week we are thrilled to have pink grapefruit available courtesy of Iskashitta Refugee network. Volunteer and refugee teams went out recently and gleaned more than 850 pounds of grapefruit. The fruit is distributed amongst refugee families, sold to support Iskashitta's various programs and used in Food Preservation workshops to make value-added products. At the CSA, the grapefruit will be available to members. A donation to Iskashitta is requested. If you are interested in participating in harvests, or have trees with fruit that you would like to donate, contact Iskashitta for more info. There are several harvests coming up this week, including apple and carob!

To find out more, go to: <http://www.iskashitaa.org/>

TOMATO SEASON

We have all been really excited about the double shares of tomatoes that we have been getting in our shares over the past few weeks. Many of you are also starting to discover what variety of 'Mystery Tomato' you received from the farm as plant starts in spring. It is great to hear that so many of the plants are doing well! Fresh tomatoes offer so many different options for quick, easy meals in the summertime heat. Salsa, gazpacho, bruschetta, pasta and sandwiches... Yum! We will continue to take deposits (\$20) for bulk flats of tomatoes this week for anyone interested.

If you find that you can't eat your ripe tomatoes quickly enough, you have an easy option for preserving them in their prime without any effort. Simply freeze them! Put whole tomatoes on a small plate or baking sheet and freeze. Once frozen, move them to a freezer bag and return to freezer to store for up to several months. When you want to add tomato to a dish, remove the tomatoes from the freezer and let sit at room temperature for about 10 minutes. As they defrost their skin will slip off easily and they can then be grated or chopped and used in place of canned tomatoes in your recipes.

FOOD NOT BOMBS NEEDS A SPACE. CAN YOU HELP?

Tucson CSA donates some of its leftover produce to Food Not Bombs ("FNB"). FNB provides free vegetarian food to the hungry at a public location downtown. But FNB has been having difficulty sharing food in a public space and is seeking a private space. Does anyone have, or know of, a private space in the downtown area that could be opened to FNB once or twice a week in order to continue this valuable service without harassment? Please contact Ben at (520) 906-6381 or at pinko13@sbcglobal.net

Here is how FNB describes itself: "Food Not Bombs provides a service to people in an attempt to address some very serious food security issues and at no cost to the government. We respond to the problems of poverty and self-esteem in two ways. First, we provide food to whomever wants it in an open, respectful way. We don't make people jump through any bureaucratic hoops that are designed to control and often punish people for being poor. Secondly, we invite people who eat with us to be involved to provide the food themselves. This helps people to regain a feeling of their own power and their ability to change their situation."

For more info on FNB, go to <http://www.foodnotbombs.net/tucsonfnb.html>

Cucumber Coconut Milk Curry (from Bangladesh)

Tony, Tucson CSA

1/2 teaspoon whole cumin seeds
1 teaspoon ground turmeric
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon chile powder
1 tablespoon ghee or butter
1 onion, chopped
1 or 2 cucumbers, seeds and skin removed, and cubed
1 16-ounce can coconut milk
1 cardamom pod
1-inch cinnamon segment
1 bay leaf
2 cups water
Salt

Heat ghee or butter in large skillet and sauté cumin seeds and onion in it until onion is slightly caramelized. Make a curry powder by mixing together the ground spices (turmeric, coriander, cumin and chile powder) and add to the onion mix. Fry the curry powder in the onion mix for 5 minutes or so. Add 1 cup of water. Reduce until mixture develops a pasty texture. Add cucumber and sauté for 5 more minutes. Add the coconut milk, 1 cup of water, the cardamom, cinnamon segment and bay leaf. Reduce further until the mixture thickens to a creamy consistency (10 to 20 minutes). Add salt to taste. Serve with rice.

Bulgur and Chickpeas with Greek Vegetable Trio

Paula Redinger, Tucson CSA

Whole grains, legumes, and a large proportion of veggies make a healthy tasty meal!

For each serving:

1 cup cooked bulgur wheat
1/2 cup cooked chickpeas
1-2 cups "Greek Vegetable Trio" (mix of roughly chopped tomato, cucumber, onion)
Fresh herb of your choice (parsley, mint, cilantro, oregano...)
Feta cheese (optional)

Briefly warm the bulgur and chickpeas in the microwave, or serve at room temperature. Combine all the ingredients with the dressing below, or combine bulgur, chickpeas and dressing, then top with veggies, feta and herbs.

Dressing – mix together the following according to your taste:

Olive oil
Lemon juice – or vinegar if no lemons are handy
Chickpea cooking liquid, unless you have used canned chickpeas
Tahini – just a touch, or omit if you do not have any on hand
Garlic – minced then mashed
Salt
Pepper
Chile flakes

Watermelon Cucumber Salad-*new*

Sara Jones, Tucson CSA

About 4 cups watermelon, sliced into bite-size pieces
About 2 cups peeled, seeded and diced cucumber
2 small onions, thinly sliced
1 tablespoon white vinegar
Small handful mint and/or basil, finely chopped
Red wine vinegar
Olive oil
Salt and pepper, to taste
About 1/2 cup crumbled feta

Toss thinly sliced onions with 1 tablespoon vinegar and a good pinch of salt. Let sit for at least 30 minutes while you prep the rest of the ingredients. Combine watermelon and cucumbers, onions and herbs. Drizzle with red wine vinegar, oil, salt and pepper, to taste. Add feta cheese and serve, garnished with mint, if desired.

Tomato Bruschetta

Lorraine Glazar, Tucson CSA

1 tablespoon finely minced onion, shallot or scallion
4 medium tomatoes
2 teaspoons finely minced parsley
Olive oil
Balsamic vinegar
Salt and freshly ground pepper
Four to six basil leaves, cut in a fine chiffonade
Prepared toast rounds or thin slices of baguette, toasted

Cut the tomatoes into 1/4 inch dice, including the juice and seeds. Combine with onion, and parsley. Judiciously add olive oil, starting with one teaspoon. Add salt and pepper, then balsamic vinegar (also starting with a teaspoon). Adjust oil and vinegar if needed. It is there to blend the flavors, not as a salad dressing. Cover and let macerate for one hour or all day if desired, a step which intensifies the tomato flavor. Serve on small toasts, garnish with the finely sliced basil.

Grilled Summer Squash-*new*

Sara Jones, Tucson CSA

An excellent way to prepare squash, grilling adds a smoky complexity to a rather plain vegetable. Use whatever spice mix you like, or simply salt and pepper. Cut squash into 1/4 inch thick slices, rub with oil and sprinkle with spices. Place on a hot grill and cook briefly on both sides, until lightly charred. You can add grilled squash to tacos, sandwiches or pastas to add great flavor.